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By Helen Carroll Clarke.

Former Instructor of Cookery, Pratt Institute, Brooklyn.

A COLLECTION OF 400 RELIABLE RECIPES FOR THE PRACTICAL HOUSEKEEPER.

In the average small family where there are no servants or perhaps one servant, setting atable with the very least ampleness means that there will inevitably be some left over food, and the housekeeper has to face the problem of how to make the most of it. It is for such women that this valuable book has been written. The arrangement of the contents is practical all through.

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THE SPORT REVIEW

VICTORIAS DEFEATED THE ATHLETICS BY 12 RUNS TO 3.

And Are Now City League Champions—Ponies Won From Tecumsehs—St. George's Win the Junior Sunday School Championship.

Victorias won from Athletics in the final deciding game of the City Baseball League schedule on Saturday afternoon, the score being 12 to 3. It was Victorias' game all through, from the first innings, when they got their leading run. Athletics were badly handicapped for lack of players. Three of their regulars, Gothier, Duffy and Ewart, were absent, and Manager Palmer had to draft three spare men. Hall, Hughes and Fitzgerald filled the vacant places. Hunt was Athletics' catcher on Saturday, and he caught a good game. Purtell, who was in the box, also did well. Spencer, at first base, is one of the best players the Athletics have, and played his prettiest on Saturday.

Victorias were in good form. Walsh headed the batting, getting three hits out of four times up. Nicholson got three out of five times up. Walsh played a splendid game and brought in a run for each of his three hits. He stole bases well also. Vics did their best in the fifth, when Pound, first up, got to third on his third strike through errors. The pitcher was rattled and let Cotman walk. Summerville singled to left field and brought Pound home and advanced Cotman to third. Walsh brought Cotman and Summerville home on a double, and then stole third. Ray struck out and McCammon went out at first on a scratch hit. Nicholson brought Walsh home and was let to second on an error; he stole third and Dick ended this lively innings with a fly to short.

Victorias have won the championship of the City League and the remaining game of next Saturday will not have to be played. The score by innings was:

Athletics	0 0 0 0 2 1	3
Victorias	1 3 0 3 4 0 1 0 x	12

Athletics.

	R.	H.	E.
Stansbury, 2b.	0	0	1
Gratton, 3b.	1	1	1
Stokes, s.s.	0	1	1
Spencer, 1b.	0	1	1
Hunt, c.	1	1	1
Purtell, p.	1	1	1
Hall, l.f.	0	0	0
Hughes, c.f.	0	0	1
Fitzgerald, r.f.	0	0	0
	3	5	1[illegible]

Victorias.

	R.	H.	E.
Nicholson, c.f.	2	3	0
G. Dick, 3b.	0	2	1
H. Dick, s.s.	0	1	0
Pound, l.f.	1	0	0
Cotman, c.	1	0	0
Summerville, 2b.	3	2	1
Walsh, 1b.	3	3	0
Ray, r.f.	1	2	0
McCammon, p.	1	1	1
	12	14	4

Umpire—George Sullivan.

Ponies Defeated Tecumsehs.

Ponies won on Saturday in their game against Tecumsehs by a score of 4 to 0. Ponies had a hard fight and the game was very lively all through. Norris pitched a good game for Tecumsehs, who, although unable to score, held Ponies down to four runs. The teams were:

Tecumsehs—Corrigan, 2b.; Walsh, l.f.; Ferguson, r.f.; Nicholson, 1b.; W. Gratton, 3b.; Kelly, s.s.; Clark, c.; Angrove, c.f.; Norris, p.

Ponies—J. Stewart, l.f.; E. Ryan, s.s.; Derry, p.; Potter, 1b.; McKay, c.f.; C. Stewart, 3b.; McGillivray, r.f.; Evans, c.; Tolland, 2b.

Esford, umpire.

St. George's Champions.

St. George's are champions of the junior S.S.A.A.A. This honor they won on Saturday afternoon by defeating the Sydenham street church boys by a score of 12 to 5.

St. George's—Hall, c.; Clark, p.; Decker, 1b.; Ray, 2b.; Stinson, s.s.; Mills, 3b.; Elmer, r.f.; Coburn, c.f.; Beardsall, l.f.

Sydenham—Stewart, c.; Greenlees, p.; R. Reynolds, 1b.; C. Reynolds, 2b.; Germain, s.s.; Abernethy, 3b.; Ramsay, r.f.; Fleet, l.f.;

Score by innings:

St. George's	1 1 0 6 4	12
Sydenham	0 1 0 3 1	5

Umpire—George Holland.

Senior City League Standing.

The standing of the city baseball league is as follows:

	Won.	Lost
Victorias	8	2
C.L.C.	6	3
Athletics	0	9

Sunday School Basketball.

At a meeing of the executive of the S.S.A.A.A. held on Saturday evening it was decided to run a basketball league in connection with the association this fall. A committee was appointed to look into the matter and report at next meeting. It was also decided to hold the annual meeting on Oct. 3rd.

The presentation of the baseball trophies will take place at a later date. A committee was appointed to take up the matter of holding a banquet for that occasion.

Want to Play Victorias.

"Ned" Hartrick, manager of the Victorias baseball team, has received a letter from the manager of St. Mary's team, Toronto, asking for the arrangement of a game before the close of the season. St. Mary's defeated C.L.C. during the season in a game at Brophy's Point. They are wanting now to try the mettle of the best baseball team in the city. St. Mary's have a fast bunch and will make things interesting if a match can be arranged.

Notes About Players.

William Potter, pitcher for the Park Nine baseball team, who has been dangerously ill of typhoid-pneumonia, is improving and is now said to be out of danger.

"Lotty" Ewart, who plays centre field for Athletics, was disabled at the Shipbuilding company on Saturday by an angle iron falling on his foot. He was unable to be in the game on Saturday afternoon.

Notes on Sports.

Ralph Britton, Gananoque, challenged the New York canoe club for the world's championship, it now holds, for decked canoe sailing. It was hoped the race could have been pulled off this month but owing to restrictions governing the races it will not be possible for a race to be held this year.

Messrs. W. C. Fredenburgh, C. J. Speagle, G. S. Conley and J. C. Forrester, Westport, are at Lavant to build a club house for the Westport Deer Hunting Club.

Toronto lost both games to Rochester in the International league, which has now closed.

ORDINATION SERVICE

IN ST. GEORGE'S CATHEDRAL SUNDAY MORNING.

Two Candidates Were Ordained by the Bishop—The Sermon Was Preached by the Dean of Ontario.

In St. George's cathedral, on Sunday morning, the Bishop of Ontario administered the rite of ordination. Two young deacons, after a term of probation, were received into the priesthood of the church. They were Revs. S. E. Harrington, B.A., of Pittsburg, and C. M. Dumar, of Millbridge and Bannockburn.

Very Rev. Dean Bidwell, conducted the service, and preached the sermon. Venerable Archdeanon Carey presented the candidates to his lordship, at the "laying on of hands," placing the stoles over their shoulders. As is the custom the two clerics were presented with Bibles by the bishop. Judge McDonald, of Brockville, chancellor of the diocese, attended the ordination. Canons Grout and Loucks also took part in the service.

"Ye are the salt of the earth. Ye are the light of the world." 1 Matt. 5:13,14. This was the text of an impressive sermon preached by the dean, at the ordination of the young men, now on the threshold of their ministry.

"Salt and light. Let these be your two guiding principles," said the preacher, "as you go out to your work accompanied by the prayers of the church and this congregation."

The dean directed the attention of his hearers to the fact that Christ spoke the words of the text to fishermen, quite ordinary people, first, because they were His disciples, and, secondly, because they were engaged in the spreading of the Gospel. Christianity has changed the entire outlook of the world.

The dean alluded to the great opportunities, blessings, and, on the other hand, set-backs, which the young ministers would encounter in their chosen lives of service for humanity. Christ said: "I am the light of the world," and then to His disciples, which are the ministers of the church to-day—"Ye are the light of the world."

The preacher contended that a priest of the church should not only be a sacrificing official, but exercise a blessed influence throughout the whole community, sweeten and purify life around; drive away corrupt influences, and sin, and do his utmost for the salvation of the world. Upon the threshold of responsibility, the dean urged the bearing of the torch of Jesus Christ. He pointed out that in following out God's wishes for the ministers not to forget what the laity rightly expects—high ideals and standards. "You may have your deficiencies," he said, "but a city set on a hill cannot be hid."

The preacher referred to the claim of the church of apostolic succession. The rite of ordination to-day is precisely the same as in the early days of the church. "Receive ye the Holy Ghost," Christ said. The dean felt that too much fear should not be felt about supernatural power. This form of grace in ordination can never fail, for God is within it.

John Kelly, Picton, has been appointed manager of Sir William Mulock's farm in North York.

NOTWITHSTANDING THE ABUSE of coffee by the cereal substitute people, coffee is still the breakfast favorite of millions of sensible people.

Seal Brand is the finest coffee that can be procured.

PACKED IN ONE AND TWO POUND CANS ONLY

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Tans	$3.00 - $3.50
Patents	$4.00 - $4.50
Gun Metals	and
Velour Calf	$5.00

The Leading Patterns for Fall and Winter. Light, Medium, Strong Soles

ABERNETHY'S

A PRETTY WEDDING

Was That at the Home of Bride at Hayburn.

The marriage of Miss Cora D., daughter of the late John B. White and Mrs. White, Hayburn, to Robert J. Magee, only son of John Magee, "The Pines," was impressively solemnized on September 11th, at the residence of the bride's mother Hayburn. The ceremony was performed by their pastor, Rev. R. S. Garratt, before only the immediate relatives of the contracting parties. The bride entered the parlor on the arm of her brother, Morley White, to the strains of Lohengrun's wedding march, played by Mrs. R. S. Garrett. The bride was attired in her going-away gown of navy serge with hat to match. After the ceremony and congratulations, the company sat down to a sumptuous wedding breakfast, at the close of which, amid showers of rice and flowers, they left for a wedding tour to Toronto, Hamilton and points west. The presents were numerous and costly.

HE WAS FEARLESS

When He Was at the Royal Military College.

Church Life, speaking of Sir Percy Girouard, now visiting in Canada says: "Those who remember him in his days at the Royal Military College, where he learned the engineering which afterwards served the British government such a good turn in Egypt, recall, with laughter, the mischief-loving French-Canadian boy and his pranks. Like most other famous men, no one marked him for distinction in the days of his schooling, but there are many who recall the fact that 'unaffected' fearlessness was a characteristic before yet his star of fame had risen.

"It is just such unaffected courage, which is far removed from the taint of braggadocia which we recommend to the youth of Canada to-day. 'Girouard' is no bad model to copy."

Impure Blood.

Let the blood become impure or impoverished and the nerves—which draw their nutriment from the blood—are apt to reply with pain. Rheumatism, neuralgia, locomotor ataxia, and other painful affections arise frim impure blood. Debility and muscular weakness has the same cause. The certain remedy is Wade's Iron Tonic Pills (Laxative).

They are a great nerve strengthener and blood maker. In boxes, 25c. Money back if not satisfactory. Sold at McLeod's Drug Store, 53 Brock street, one door above King street.

Have a Preserve.

The Hay Bay Game Protective Association has acquired from the Ontario government a lease of the flat and marsh lands in Hay Bay lying east of a line drawn from the south west angle of lot No. 1 in the second concession of the township of South Fredericksburgh, not covered by the patents of the lots bordering thereo, within the above described area. Hunters are warned off.

A Theatrical Engagement.

It is announced that George W. Whitman, a son of Mrs. May Bell Marks, will be married to Miss Arleigh Marks, daughter of Mr. and Mrs. Thomas Marks, at Christmas time. The ceremony will take place in Perth, the home of the Marks. At present both of the young people are with the Thomas Marks company, filling the boards in Saskatchewan.

License Transferred.

The license commissioners for the county of Frontenac, met, on Saturday afternoon, and transferred the license of William Potter, of Fermoy, to Daniel Robinson, of the same place. Chairman Purdy presided and the other commissioners, Messrs. Dillon, Brewer's Mills, and Carscallen, Hartington, were present, also the county inspector, John Moreland.

Tendered a Gift.

On Saturday, in Glasgow, D. M. Cowan, one of the leading Scottish teachers visiting Kingston in August last, was presented with a purse of $1,000 and an autograph album with 12,000 signatures of teachers, for valuable services rendered the teaching profession in Scotland.

For twenty-five cents you can procure and have in time of need the most useful preparation ever produced for colds, hay fever, sore throat, croup, scalds, burns, etc. Best's Mentholated Balm does the work every time. Once used you will never be without it.

Died, at McDonald's Corners, last Sunday night, Harriet McVean, wife of Hugh McLean, at the age of forty-five years.

Lanark Old Boys' reunion will be held, beginning January 14th, ending January 19th.

The average girl can love almost any one except a stepfather.

DELICIOUS PURE ICE CREAM
By the Pint or Quart

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PAPE'S! BREAKS A COLD AT ONCE.

First Dose of Pape's Cold Compound Ends Grippe Misery—Tastes Nice—No Quinine.

You can surely end Grippe and break up the most severe cold either in head, chest, back, stomach, or limbs, by taking a dose of Pape's Cold Compound every two hours until three consecutive doses are taken.

It promptly relieves the most miserable headache, dullness, head and nose stuffed up, feverishness, sneezing, sore throat, mucous catarrhal discharges, running of the nose, soreness, stiffness and rheumatic twinges.

Take this wonderful Compound as directed, without interference with your usual duties and with the knowledge that there is nothing else in the world which will cure your cold or end Grippe misery as promptly and without any other assistance or bad after-effects as a 25c. package of Pape's Cold Compound, which any druggist can supply—accept no substitute—contains no quinine—belongs in every home. Tastes nice.

LETTERS TO THE EDITOR.

Received No Notification as to Time of Hearing.

Kingston, Sept. 21.—(To the Editor): In connection with the information which I laid against the president and secretary of the Kingston township agricultural society, I would like to explain that there was a misunderstanding in connection with the matter. I laid the information on Saturday, the 14th of September, and I understood that I would be notified when the case would come on, but I received no notification from any one that the papers were served and was not aware that it came on for trial on Thursday morning last. This was the reason of my non-appearance. I was very much surprised as I thought the authorities would have notified me.—DENIS SHEEHAN.

Fall and Winter Importations.

Prevost, Brock street, has received all his fall importations for his tailoring department, consisting in suiting and overcoating in great variety of patterns to choose from. Also large stock of ready-made clothing and gents' furnishings.

We record the marriage of Harry Franklin Johnson, only son of Mr. Mrs. Gilbert Palmer Johnson, recently of Consecon, Ont., to Miss Nellie, youngest daughter of Mr. and Mrs. Owen Jones, of Austin, Man.

Miss Dorothy De Venda will make ascensions at Picton fair.

SLEEP ON

Equal to any $18.00 Mattress, made of the purest material and best workmanship.

This make a good combination—Kellaric Mattress and Banner Spring

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The Leading Undertaker. Phone 147

Electricity From Waste.

Electric current is now obtained in quite a number of plants in Europe by burning household waste, and this is a convenient means of getting rid of the refuse and at the same time current is had for nearly nothing. A good example is a large station erected at Frankfort, Germany, and it contains twenty-four furnaces for burning the waste, these being used to produce steam from six boilers. In this way there is given enough steam to run two steam turbines connected to dynamos so as to produce about 1,000 horse-power. The plant is now burning about 240 tons of household waste per day, but it is soon to be enlarged so as to use a much larger quantity. It is also probable that a second plant of the kind will be built in the city before long.

On September 5th, Miss Sarah May Smith, aged eighteen years, daughter of William Smith, Thisholm, passed away very unexpectedly. Blood poison on her finger was the cause.

On September 2nd, Earl E. Vanalstine, son of Mr. and Mrs. Charles Vanalstine, was united in marriage to Marion Bernice Thompson, Brockville.

O. S. Hicks, editor of the Markham Sun, attended the funeral of his mother, the late Mrs. Lewis Hicks, at Milford.

UGH! NOT CALOMEL, OIL OR SALTS, BUT DELICIOUS "SYRUP OF FIGS."

GIVE YOUR STOMACH, LIVER AND 30 FEET OF BOWELS A THOROUGH CLEANSING WITHOUT GRIPE OR NAUSEA. ENDS HEADACHE, BILIOUSNESS, INDIGESTION AND CONSTIPATION.

This wonderful fruit laxative acts as a liver and bowel cleanser—tonic—not as an irritant. Its action is natural and gentle—no griping. It is delicious—no dreading. It is positive and prompt—no waiting.

If your stomach is sour and filled with vile gases, your head aches, or you are bilious, nervous, dizzy, half sick, your tongue coated, your thirty feet of bowels clogged with waste not properly carried off—don't wait. Surely take a teaspoonful of delicious Syrup of Figs tonight, and in the morning all constipated waste, sour bile, gases and poisons will move on and out of the system, gently but thoroughly—no griping—no nausea—no weakness. In the old days people let these matters run until they needed a large dose of physic, then they took something severe, like castor oil, salts or cathartics that meant abuse to the bowels. These are the days of the gentle and natural—the days of Syrup of Figs. This way you are not drugging yourself. Syrup of Figs being composed entirely of luscious figs, senna and aromatics can not cause injury.

Ask your druggist for "Syrup of Figs and Elixir of Senna," and look for the name, California Fig Syrup Company on the label. This is the genuine—old reliable—Any other so-called Fig Syrup is an imitation often meant to deceive you. Refuse such with contempt.